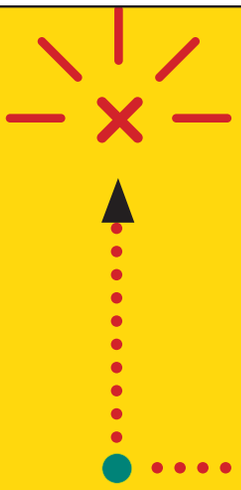

"A must read for anyone who's been unable to keep a new year's resolution, improve their work productivity, or failed at making a lasting change in any other area of their life or work."
**—Jonah Berger, *New York Times* Bestselling author of *Contagious***

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# Stick with It

## A Scientifically Proven Process for Changing Your Life—for Good


**Sean Young, PhD**

Director of the UCLA Center for Digital Behavior and Institute for Prediction Technology

**Advance Praise for**

# Stick with It

"Behavioral scientists have been quite successful at showing us how to produce change, but much less successful at showing us how to make change last. With *Stick with It*, Sean Young has come to the rescue, offering a system for generating lasting change that is both scientifically grounded and personally implementable. It's a winner."

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"*Stick with It* helps you go from wanting to change to actually doing it. Sean Young breaks down the science behind behavior change and offers practical and effective strategies for changing your life."

**—Amy Morin, author of *13 Things Mentally Strong People Don't Do***

"Sean Young has taken psychology research and applied it outside the research lab, helping people make lasting changes to their behaviors. In this book, he shares a process and tools so that we can make these changes ourselves."

**—Adam Grant, *New York Times* bestselling author of *Originals* and *Give and Take***

**Sean Young** is a UCLA medical school professor and the founder and executive director of the UCLA Center for Digital Behavior (CDB) and the UC Institute for Prediction Technology (UCIPT), which have been featured in the *New York Times*, the *Washington Post*, the *Huffington Post*, and *Science*, and on NPR, Yahoo Finance, TechCrunch, Mashable, CNN, CBS News, and other major media outlets. He has a PhD in psychology and a master's in health services research from Stanford University. He lives in Southern California.

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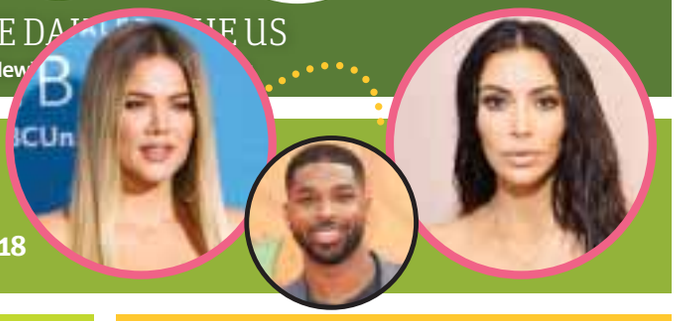

## HARD TO KEEP UP

Keeping track of the Kardashian-Jenners has proved to be no easy feat. 18

Collins resigns as Mets manager. 30

'Curb Your Enthusiasm' Season 9. 20

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# UNCALLED FOR

As robocalls become a greater nuisance, this is how you can combat unwanted marketing calls to your number. 3

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LINNEA ZIELINSKI, SITE DIRECTOR, METRO.US

Good morning! If there's anything more aggravating than a Monday morning it's those spam calls that look like they're from your hometown. We can only help you with one of those, but at least that's one less thing you have to deal with. Find out how to make the calls stop by visiting **Metro.us.**

## RELIEF ARRIVES TO RAVAGED RURAL AREAS

Puerto Rico's governor says efforts to restore cell service, gas and other basic needs to the island's rural residents are progressing, even as many in those towns report feeling forgotten. "I recognize that right now, whether it's the gas line or the ATM line, we're limited," Gov. Ricardo Rossello told Reuters in an interview on Saturday at the Puerto Rico Convention Center, the government's temporary headquarters. "But if you see the numbers," he said, "you see there is a steady path to improvement." More than half of Puerto Rico's 3.4 million people lack access to drinking water 11 days after Hurricane Maria hit the U.S. territory, and 95 percent remain without power, according to the U.S. Defense Department. Some are expected to be without power for months.

## CATALAN LEADER OPENS DOOR TO SECESSION

2 Catalonia's regional leader opened the door to a unilateral declaration of independence from Spain after police used batons and rubber bullets to disrupt a banned referendum in a show of force Catalan officials say injured more than 800. Carles Puigdemont's comments followed a TV address by Spanish Prime Minister Mariano Rajoy who ruled out independence and accused separatists of trying to "blackmail ... the whole nation". He offered all-party talks on the region's future. The referendum has pitched the country into its deepest constitutional crisis in decades and deepened a rift between Madrid and Barcelona. "On this day of hope and suffering, Catalonia's citizens have earned the right to have an independent state in the form of a republic," Puigdemont said in a televised address.

ALL SCREEN GRABS PROVIDED BY NEW YORK STATE

# 5 THINGS YOU NEED TO KNOW

## OUT WITH A BANG

3 The old Kosciuszko Bridge between Brooklyn and Queens was brought down with a controlled demolition on Sunday morning. *For more, see page 16.*

## MNUCHIN: NO REGRETS OVER PLANE USE

4 U.S. Treasury Secretary Steven Mnuchin said on Sunday he does not regret using a government plane to travel to Kentucky in August with his wife to view the solar eclipse and speak to business leaders, calling it "completely justifiable." Mnuchin's use of the plane at taxpayers' expense prompted an outcry from Democratic lawmakers and interest groups and spurred a government watchdog to begin examining whether it violated travel or ethics policies. "It was approved by the White House and there were reasons why we needed to use that plane that are completely justifiable," he said on NBC's "Meet the Press" program. Cabinet members rarely use government planes or chartered aircraft for domestic travel, but the practice has received significant attention in the wake of Mnuchin's trip.

## SOME NFL PLAYERS KNEEL AGAIN IN UK

4 Some National Football League players knelt again when the U.S. national anthem was played before a game in London, defying President Donald Trump's renewed call to end their protest over racial injustice. The Fox television network's broadcast of the day's first game, at Wembley Stadium, showed three members of the Miami Dolphins kneeling as music star Darius Rucker performed "The Star Spangled Banner." All of the other uniformed Dolphins players and their opponents, the New Orleans Saints, were standing, many with their right hands over their chests. The three players who had knelt stood for the British anthem "God Save the Queen," which was also performed before the game Trump on Saturday renewed his sharp criticism of players who have refused to stand during the pregame ceremony.

## POLL

**59%**

Among adults who have never been married but say they are open to marrying in the future, 59% say that a major reason they are not married is that they haven't found the right person.

Source: Pew Research Center

# What you can do to fight back against robocalls

If you receive a robocall, whatever you do, don't press 1. GETTY IMAGES

People nationwide will soon be receiving an onslaught of computerized phone calls.

LINNEA ZIELINSKI
@MetroNewYork
letters@metro.us

A number pops up on your phone. It's not in your address book, but the area code is from your hometown. Convinced it must be real, you pick it up. You know what happens next.

None of us are strangers to robocalls these days.

You might have wised up, but that doesn't make the calls – that now roll in with increased frequency – any less annoying. And we have some bad news for you: they're about to get worse. That's because the American Action Network (AAN), which is allied with House Speaker Paul Ryan, announced that it's going to start making one million robocalls in 45 congressional districts in an attempt to garner support for the Trump tax plan. States targeted in the campaign include California, Illinois, New York, Ohio, Pennsylvania, Texas and Virginia. They've even released a list of all the districts targeted, so you can check to see if you can expect the phone to ring.

"The White House and congressional leaders have a bold plan that puts Americans first by cutting taxes for middle-class families and small businesses. Today, we are calling one million people across the country to make their voices heard and urge their representative to deliver a tax code that is simple, fair, and cuts taxes," Corry Bliss, the group's executive director, said in a statement last week.

***First, what are robocalls?***

Generally they're scammers — although as you see above, they can also be political campaigns that call you through the internet, which allows them to change their real phone numbers to look as if they're coming from your area code. Sneaky. Unfortunately, robocall software that enables this is widely available online for free.

No matter where you stand on the Trump tax plan, we're guessing you'd rather not receive a robocall urging you to act either way. But what can you do to avoid it?

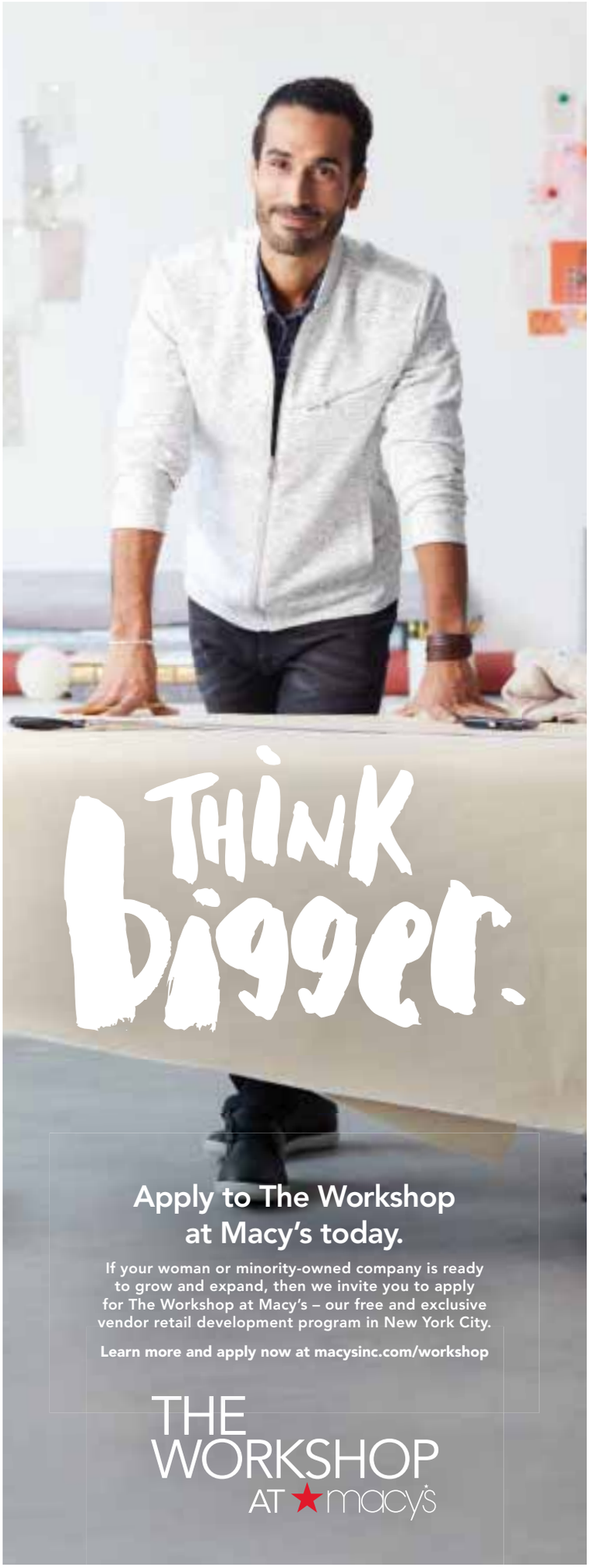
***Robocalls: How to stop them***

We've got you covered on this one. But whatever you do, don't press 1 — unless you're eager for an onslaught of robocalls in the future. Pressing one for more information signals the software, confirming that you're a real, living, breathing human being that will engage with these calls. Often, when you take an action on a robocall, your information is stored and can then be sold to other companies — who will doubtlessly be eager to get in touch with you, since you already proved you're open to hearing more.

Instead, ignore the call and add your number to the National Do Not Call Registry. Then, like almost everything else in modern life, there's an app for that. Nomorobo, available on iPhone and coming soon to Android, will hang up on robocalls for you to spare you the bother. It will set you back $1.99 per month, but you'll get a 30-day free trial and spare yourself the tooth grinding. Or you can opt for YouMail, which is available for iPhone and Android, a service that automatically tells telemarketers and robocalls that your number is out of service so they don't try calling back again later.

**1M**

**THE AAN IS GOING TO START MAKING ONE MILLION ROBOCALLS IN 45 CONGRESSIONAL DISTRICTS TO GAIN SUPPORT FOR THE TRUMP TAX PLAN**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# How four women are working to get young girls interested in STEM

At the Cracking the Code forum, four women in different careers explained their efforts for the cause.

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What do a children's book author, an entrepreneur, the CEO of Girl Scouts of the USA and a director at the Museum of Science in Boston have in common?

They're all working on ways to get young girls more involved in science, technology, engineering and math.

Referred to as STEM, these fields are a key part of our future, specifically when it comes to new jobs and careers. And yet, young girls and women are still facing barriers to enter these areas.

That's why the four women from the variety of careers listed above came together in Boston recently for a forum called Cracking the Code: The Next Generation of Women in STEM, hosted by the Atlantic.

"A recent study showed that girls at 6, 7 years old already start thinking that boys are better at STEM then they are. That suggests to me that we are starting way, way, way too late," children's author Andrea Beaty said at the forum. "Being comfortable with ideas of exploration has to become part of their DNA, so that when they get to school, they hit the ground running joining [STEM] programs."

In Beaty's books, main characters are in STEM fields, like "Rosie Revere, Engineer" and "Ada Twist, Scientist." She has a background in science herself and only began writing children's books once she had kids of her own.

"I don't think about these books as being about engineering and science, but about perseverance and curiosity," she said.

For Ayah Bdeir, founder and CEO of littleBits, that curiosity was important in her own path toward STEM. Growing up in Beirut, Lebanon, she always tinkered and took things apart. Her company puts electronic toys into kids' hands so that they can build things, beyond what Legos allow.

STEM events aim to introduce students to real-world applications of science, technology, engineering and math. ISTOCK

> ***"I don't think about these books as being about engineering and science, but about perseverance and curiosity."***
>
> Andrea Beaty

"When Lego started, the world was made of buildings and bridges, and the way we allowed kids to participate in and imagine that world… is you would give them these static building blocks," she said. "The world is changed now, it's interactive, algorithmic; kids have to be technology savvy, [so] we equip them with building blocks that capture technology, lights, sound, Wi-Fi, bluetooth, that are programmable — all the things they see around them."

Suzanne Harper, director of the Girl Scouts' National STEM Strategy, has helped implement new STEM badges young scouts can earn, like mechanical engineering, robotics and cybersecurity badges.

"I love the job because not only are we creating programs for girls that will interest them in STEM, but every day I get to watch the future being invented," she said.

Christine Cunningham, founder and director of the Museum of Science's Engineering is Elementary initiative, is seeing that future form before her eyes, as well. While getting a bachelor's in science, she saw women leaving STEM and realized it wasn't connected to women's abilities, but how the fields were presented and taught.

"I decided that it was time to bring engineering down from just being at a collegiate level to younger grades. You have to get them before they're socialized [to think] they can't do it," she said. "We're natural engineers — watch any 3-year-old play, build sand castles and forts. We naturally solve problems, and we've educated that out of kids."

At the museum, she hears 4-year-olds calling themselves engineers.

"It's a lot harder for someone to come and say, 'You don't belong in engineering,' when they've had that really positive experience," she said.

# Chelsea bombing trial to commence with opening statements on Monday

A year after explosives detonated in Manhattan and Seaside Park, New Jersey, the Chelsea Bombing trial will begin.

Opening statements will be delivered on Monday in Manhattan's Federal District Court where the alleged culprit, 29-year-old Ahmad Khan Rahimi, will face federal terrorism charges for his suspected role in placing several bombs in New York and New Jersey. He has pleaded not guilty.

Four explosives were planned for detonation; however, only one was set off as planned, injuring 31 people when it blew up a dumpster in Chelsea on West 23rd Street. The Sept. 17, 2016, blast shattered nearby windows, sending debris flying as pedestrians ran for cover.

Earlier that day, a device exploded in a garbage can by the finish line of a fun run for the U.S. Marine Corps. The blast occurred a mere five minutes after the race's scheduled starting time, but late participants delayed the event, saving lives in a case of fortunate happenstance.

Part or all of the mangled Chelsea dumpster may be brought into the courtroom as an exhibit by the prosecution. However, the defense has objected, believing it to be unnecessary.

Ahmad Khan Rahimi's trial begins on Monday. UNION COUNTY PROSECUTOR'S OFFICE

Additional explosives were located on Chelsea's West 27th Street and an Elizabeth, New Jersey, train station. Rahimi was identified as a suspect and captured after a gun battle with police in Linden, New Jersey, on the morning of Sept. 19, 2016.

Rahimi, an Afghan-born U.S. citizen, resided in Elizabeth and is suspected of having adopted jihadist ideals over time, as evidenced by his internet search history, text messages, bomb-making reading material and a journal in which he references terrorist figures such as Anwar al-Awlaki and Osama bin Laden.

AMY RUSSO

## PUERTO RICO

**Schumer calls US response to Puerto Rico 'disorganized' and 'not adequate'**

During a Sunday interview on CBS' "Face the Nation," Sen. Chuck Schumer made clear his criticism of President Donald Trump's response to Puerto Rico, which continues to suffer in the wake of Hurricane Maria.

Speaking with John Dickers, Schumer said that "the president, instead of tweeting against the mayor of San Juan who's watching her people die and just made a plea for help, ought to roll up his sleeves and get to work here. The bottom line is at least for the first week and a half the effort has been slow-footed, disorganized and not adequate."

Trump has received backlash after sending out a flurry of tweets on Saturday, insulting San Juan Mayor Carmen Yulín Cruz, calling her leadership "poor" as she begged for help for the devastated island.

On Sunday, Schumer noted that after the 2010 earthquake, 22,000 troops were deployed to Haiti within two weeks, while just 10,000 have been sent to Puerto Rico only recently.

Many of the island's residents are still without power and have been hit with rising floods and a death toll that is expected to increase dramatically.

AMY RUSSO

Sen. Chuck Schumer speaking on Capitol Hill GETTY IMAGES

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# Which is faster, a taxi or a bike ride? A new interactive platform will tell you

A local NYC software developer made a map that shows when Citi Bike rides beat out cabs in terms of travel time.

KRISTIN TOUSSAINT
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If you need to be somewhere in a hurry, should you flag down a taxi or hop on a bike?

There's now an interactive map to tell you which one is faster.

Todd Schneider, a local software developer, pitted the two modes of transportation against each other to create an interactive map that shows when Citi Bikes beat cabs in terms of travel time.

The map is searchable by neighborhood and time of day, showing the median length of time a taxi trip and bike ride would take.

So which one is the ultimate winner? Biking tends to be a lot quicker, Schneider found.

Based on the data from July 2016 to June 2017, Schneider estimated that 40 percent of weekday taxi trips in the areas serviced by Citi Bike would have been faster if the commuter switched to two wheels.

During peak midday rush hours, more than half of all taxi trips would be faster as Citi Bike rides.

It depends on your starting location and destination, though. For example, from the Financial District to Brooklyn Heights, taxis beat Citi Bikes 93 percent of the time.

But say you're traveling from Williamsburg to Flatiron, a Citi Bike will get you there faster than a cab more than 85 percent of the time.

Schneider works at Genius but took on the task as a side project just for fun, he told Metro.

"I've written previously about NYC's publicly available taxi and Citi Bike data, so comparing the two of them felt like a natural extension," he said in an email. "Plus, there's been lots of debate recently about traffic, congestion pricing, etc., so it felt relevant to that too."

**17%**

**A TAXI TRIP IN 2017 TOOK 17 PERCENT LONGER THAN THE SAME TRIP IN 2009, ACCORDING TO RESEARCH**

People have been talking for a while about how city traffic is getting worse, he said, so there was nothing particularly surprising in the data to Schneider. The most interesting thing he found, though, was that taxis have gotten slower since 2009.

A taxi trip in 2017 took 17 percent longer than the same trip in 2009, according to his research.

On the other hand, Citi Bikes have gotten slightly faster, and how long a bike trip takes is less likely to be affected by the time of day than a taxi ride.

As for Schneider's own preferred mode of travel, he said he regularly commutes by subway and also likes to walk.

"I'm not a Citi Bike member," he added, "though I am thinking now that I probably should be!"

Taxis lined up at an intersection on Feb. 27, 2017, in New York City. GETTY IMAGES

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# A PHOTO OP WILL NOT FIND $29 BILLION FOR THE GATEWAY TUNNEL PROJECT

An aerial view of the Gateway Tunnel project GETTY IMAGES

The Gateway Tunnel project is reminiscent of the ongoing MTA's Long Island Rail Road Eastside Access to Grand Central Terminal project.

**LARRY PENNER**

***Analysis***

Larry Penner is a transportation historian and advocate who previously worked 31 years for the U.S. Department of Transportation.

The recent meeting between President Donald Trump, Govs. Chris Christie and Andrew Cuomo along with Sens. Chuck Schumer, Kirsten Gillibrand and Cory Booker to discuss the $29 billion Gateway Tunnel project was a great photo op but little else. The Gateway Tunnel would provide additional tracks for both Amtrak and New Jersey Transit connecting New Jersey to Penn Station.

The proposed Gateway tunnel funding of $900 million in the 2018 federal budget is really just a small down payment for finding the balance of $29 billion down the road to fully fund the proposed Gateway Tunnel project. Financing of this project with real money is the bigger issue which elected officials need to resolve. The Federal Rail Road Administration draft Environmental Impact Statement for the Gateway Tunnel confirmed increases in total project cost. Two years ago, the estimated cost grew by $3.9 billion from $20 billion to $23.9 billion. This summer, the new cost estimate has grown another $5.2 billion from $23.9 billion to $29.1 billion.

All the federal Department of Transportation has provided to the Gateway Development Corporation was approving permission to enter the Project Development Phase of the Federal Transit Administration New Starts Program in June 2016. This is just the first step of a long, multiyear process.

The Gateway Tunnel project is reminiscent of the ongoing Metropolitan Transportation Authority Long Island Rail Road Eastside Access to Grand Central Terminal project. In 2001. the initial estimated cost was $3.5 billion with a completion date of 2011. In 2017, sixteen years later (based upon the 2016 MTA Federal Transit Administration amended Full Funding Grant Agreement) currently at $10.8 billion, could grow up to $12 billion with completion in 2023. Will Gateway do the same and become our New York version of the infamous Boston Big Dig, and end up costing $40 billion, $50 billion or even $60 billion for a 2038 completion?

The Gateway Development Corporation reminds me of the character Wimpy who famously said, "I'll gladly pay you Tuesday for a hamburger today." Tuesday may never come for commuters and taxpayers who use NJT and Amtrak and need a new Hudson River Tunnel to be completed within their lifetime.

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# Airbnb launches new service for New Yorkers and tourists to explore the city

Airbnb Experiences is now available in the Big Apple.

LENYON WHITAKER
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Airbnb Experiences is now available in New York City, and customers will have the chance to spend time with local entrepreneurs, talented artists, and experts and experience the Big Apple in a different way.

Airbnb Experiences New York City is like getting a special tour to some of the city's hot spots and hidden gems while learning a new craft or dining in a restaurant you may have overlooked. You get the chance to hang out with Airbnb "Experience Hosts" that offer private tours of the city.

The different Airbnb experiences range from going on a Harlem jazz crawl with a music industry vet to learning the art of hatmaking from a talented milliner in Midtown to learning about street dancing in the South Bronx.

For instance, for $29, you can book an Airbnb Experience with master beekeeper Asher Landes in Staten Island and learn about bees and inspect beehives on a rooftop in Staten Island.

If you're into street art and graffiti, you can book a session with graffiti legend James Top for a walking tour in Harlem to check out some of his favorite graffiti art pieces and learn about the history of the craft. You'll be given supplies and James will teach you a few tagging techniques to craft your own masterpiece on canvas. The 2½-hour session will run you 75 bucks.

If Latin food is your favorite, for 35 bucks you can take a two-hour tour beginning in Jackson Heights. You'll be escorted by a Queens native to try food from authentic Dominican, Mexican and Colombian food spots in the area.

The service also offers unique experiences with New York celebrities. On the Airbnb Experiences page, they are offering a personalized shopping trip with actress Sarah Jessica Parker, where you will "discover Manhattan with the city's ultimate fashionista." You'll get the chance to meet the one and only SJP at Bloomingdale's and get a pair of shoes from her SJP Collection. You will then head to Forty Carrots and be treated to frozen yogurt. And then you'll receive one ticket to the New York City Ballet where you'll have great seats and a few "VIP surprises." According to the listing, that experience costs $400 per person but has already sold out. Bummer.

If you're not looking to chill with Sarah Jessica Parker and live your life like a cast member of "Sex and the City," Airbnb has plenty of other options for locals and tourists alike to experience the city that never sleeps from an insider's perspective, including a tour with Polaroid photographer Jean Andre and street dance lessons in the South Bronx hosted by "It's Showtime NYC."

The service seems to be a cool way to have a tour of New York City that's a little different than just seeing the Statue of Liberty or Empire State Building, and it gives people the opportunity to have a unique introduction to the city. However, just like any other tour-guide experience, there are bound to be some negative reviews of the tour or the host during the session. And if you're one of the lucky few who got the chance to hang with Sarah Jessica Parker, we're looking to hear what that was like.

Airbnb Experiences will allow visitors to explore NYC in a different way. AIRBNB

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TRUMP'S AMERICA

# IN PUERTO RICO, STUCK ON STUPID AGAIN

"The president has shown again he don't give a damn about poor people."

Lt. Gen. Russel Honoré, right, stands aboard the USS Iwo Jima in New Orleans, Louisiana, after Hurricane Katrina. GETTY IMAGES

Put Honoré in charge!

If Donald Trump really wants to rescue the 3.5 million hurricane-ravaged American citizens of Puerto Rico, he needs to dump the rah-rah Homeland Security secretary who sees Washington's response as a "good-news story" and is "very satisfied" with the results so far.

In her place: Who better than the hard-driving hero of Hurricane Katrina, retired Army Lt. Gen. Russel Honoré?

"Quit being stuck on stupid!" the order-barking general thundered in New Orleans.

Trump's woman coordinating Hurricane Maria relief, Elaine Duke, is clearly not up to the massive task. Or else she is reflecting her boss's hostility toward the island's "politically motivated ingrates" who have the audacity to believe they are just as American as the hurricane survivors of Texas and Florida —and just as deserving of federal help.

Duke's "good-news story" crack infuriated San Juan Mayor Carmen Yulín Cruz. This is "not a good-news story," the mayor fumed on CNN. "This is a people-are-dying story," she said. "When you're drinking from a creek, it's not a good-news story. When you don't have food for a baby, it's not a good-news story. When you have to pull people down from buildings — I'm sorry, that really upsets me and frustrates me."

The mayor does have a point.

ANALYSIS

ELLIS HENICAN
@henican

In 2005, when Hurricane Katrina struck the Gulf Coast, and the federal levees broke in New Orleans, Lt. Gen. Honoré didn't swoop in on a cloud of happy talk. He ordered armed troops to lower their weapons — "We're on a rescue mission, damn it!" — and got everyone working together. Lives were on the line, and he got busy saving them.

When President Trump, holed up at his golf resort in New Jersey, launched a Twitter attack against Mayor Cruz, Lt. Gen. Honoré knew exactly how to tell the players apart. "The mayor's living on a cot," he responded, "and I hope the president has a good day at golf."

Saying Maria was even worse for Puerto Rico than Katrina was for New Orleans, he laid out his own rescue plan, starting with an attitude adjustment in Washington and a far larger commitment of U.S. troops. "The president has shown again he don't give a damn about poor people," the plain-spoken general said.

You know this plain-talking general would be ready for duty again.

*Metro columnist Ellis Henican is the best-selling author of a dozen books including the upcoming "Trumpitude: The Secret Confessions of Donald's Brain." He is on Twitter @henican.*

## NEW YORK CITY

**Medgar Evers professor accused of scamming students with fake coursese**

A Medgar Evers biology professor allegedly taught phony courses and scammed students out of their money, the U.S. Attorney's Office said.

Mamdouh Abdel-Sayed is accused of issuing fraudulent certificates in sonography, phlebotomy and electrocardiograms, charging his students as much as $1,000 while claiming they'd be better prepared to find employment.

Abdel-Sayed was charged with corruption, fraud and obstruction in Manhattan Federal Court. He was released on a hefty $100,000 bond and forced to hand over his passport after showing up for his first court date.

"We have no tolerance for anyone attempting to take advantage of our students, and we appreciate the work of the inspector general and the United States attorney and thank them for their swift and thorough response," said the school in a recent statement.

One student whose identity remains private told ABC7 that the professor was well-liked around campus.

If found guilty, Abdel-Sayed could serve up to 20 years behind bars. AMY RUSSO

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# President Trump to top US diplomat: Don't bother talking to North Korea

Trump's rhetoric on North Korea has run the gamut from personal attacks on Kim Jong Un to veiled military threats.

President Donald Trump on Sunday dismissed the prospect of talks with North Korea as a waste of time a day after his own secretary of state said the United States was maintaining open lines of communication with North Korean leader Kim Jong Un.

"I told Rex Tillerson, our wonderful secretary of state, that he is wasting his time trying to negotiate with Little Rocket Man," Trump wrote on Twitter, using his sarcastic nickname for Kim and seeming to contradict the top U.S. diplomat.

Trump, who has traded insults and threats with Kim in recent weeks amid escalating tensions over Pyongyang's nuclear and missile programs, later tweeted that his White House predecessors, Bill Clinton, George W. Bush and Barack Obama, had all "failed" on North Korea by "being nice to Rocket Man,"

"So why would it work now?" he asked.

Kim succeeded his father, Kim Jong Il, as North Korean leader in 2011, during Obama's administration. Previous presidents negotiated with Pyongyang but ultimately failed to prevent it from pressing ahead with its internationally condemned weapons programs.

Tillerson disclosed on Saturday that the United States was directly communicating with North Korea on its nuclear and missile programs but that Pyongyang had shown no interest in dialogue.

"Save your energy Rex, we'll do what has to be done!" Trump said.

Tillerson said during a trip to China that the United States had multiple direct channels of communication with Pyongyang, the first such disclosure from the Trump administration, and that it was probing North Korea to see whether it was interested in dialogue.

Tillerson expressed hope for reducing tensions with North Korea, which is fast advancing toward its goal of developing a nuclear-tipped missile capable of hitting the U.S. mainland.

"We are probing, so stay tuned," Tillerson told a small group of reporters. "We ask: 'Would you like to talk?'" He said the United States had "a couple of, three channels open to Pyongyang.

A senior Trump administration official, asked for clarification about Trump's Sunday morning tweets, played down the significance of the communication channels.

"At a time when North Korea is continuing its provocations, the president does not think now is the time to negotiate with them," the official said, speaking on condition of anonymity.

The official also said that to the extent that diplomatic channels exist between Washington and Pyongyang, they are aimed at securing the return of Americans detained by North Korea.

R.C. Hammond, an adviser to Tillerson, denied that his boss had been undercut by Trump's tweets and rejected any suggestion that the secretary of state should resign.

"Let's resign the idea of resignation. The President just made it clear to the Kim regime the diplomatic offer on the table is cooling," Hammond said on Twitter.

He also downplayed any contacts. REUTERS

Rex Tillerson had expressed hope for communicating with North Korea. GETTY IMAGES

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# “Demand Soars For Innovative Arthritis Treatment FDA

## *NYC Pain MD* doctors offer powerful, cutting-edge arthritis treatment… prepares for over

**By Matt Edgar**
*America’s Health Writer*

Arthritis sufferers can’t get it fast enough and doctors offering it can’t keep up with the demand. “Results are better than even I anticipated” noted one of the treating docs at the ***NY Pain MD*** Center for Non-Surgical Medical Relief Of Spine And Joint Pain with two locations right here in NYC.

He was referring to their innovative arthritis treatment program featuring Advanced Image-guided “Visco-Supplementation” at the conveniently located clinics..

“The response continues to be overwhelming. Once patients found out there was an FDA cleared, doctor-administered arthritis treatment that actually works – without the side effects of oral pain pills or risks of replacement surgery - and has enough scientific research that it is covered by many insurances and even Part B medicare – the offices continue to be deluged with arthritis pain sufferers wanting to find if they,too, can be helped. And newer research indicates it can help hips,ankles and shoulders as well”.

### What Is This Treatment And How Does It Work?

If you are suffering with knee (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or “arthritis” affects 21 mil-lion Americans and typically involves the weight bearing joints – like your knees. According to the American College of Rheumatology, nearly 70% of people over the age of 70 have x-ray evidence of the disease (and the ranks of much younger victims of this progressive disorder continue to grow significantly).

**The worst thing is***:* Arthritis can be devastating. The pain can keep you up at night and make getting out of bed and moving around a daunting task. The pain and stiffness can suck all the happiness and joy right out of your life

And up until now, treatment options have not been that good…or that appealing to most patients. The basic protocol has been a steady diet of toxic pain pills until your joints completely wear out and then it’s time to surgically replace the knee joint.

**Read This If You Have Already Had Treatment Without Good Results**

Even if you’ve failed Synvisc, Supartz, or other arthritis programs or had “blind” procedures, good results may still be possible
when using ***NY Pain MD*** methods utilizing Precision Arthritis Targeting Technology (P.A.T.T).

To achieve the best results.

### But Now Things Have Changed

Osteoarthritis is a joint disease that mostly affects the cartilage. Cartilages the tissue that covers the ends on bones in a joint. When healthy, cartilage allows bones to glide smoothly over one another and acts as a shock absorber. Your“ normal” knee also contains a small amount of fluid called synovial fluid. This synovial fluid is a thick, gel-like solution that cushions and lubricates the joint–much like oil lubricates the engine of your car.

In osteoarthritis, the synovial fluid loses it’s lubricating properties and “dries up" allowing the cartilage to break down and wear away. This is *like running your car with little or no oil*. Now as you attempt to use your knee(s), there is not enough lubrication causing the bones to grind together resulting in pain, swelling, stiffness and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain. Pain pills do NOT lubricate the joint or fix the problem. They simply mask the pain so you do not feel the pain as your joints continue to deteriorate. The eventual repercussions of this are obvious.

### “Visco” Is Very Different

And here is why: It contains hyaluronate, one of the two natural lubricating agents found in your own synovial fluid. Viscosupplementation is precisely introduced directly in to your knee joint in a series of 3-5 treatments (depending on severity) over a 4 to 6 week period. This instantly cushions the joint, reduces friction and allows greater motion with less pain or no pain at all in some cases.

This treatment not only lubricates the joint, but it acts as a shock absorber helping reduce grinding, inflammation and pain. **Here’s something very important to consider**: Even though these lubricating medicines are non-toxic natural substances and are NOT considered a drug, it is NOT something you can get at your local health food store. It is scientifically researched and produced by pharmaceutical companies, FDA cleared and can ONLY be administered by a qualified Doctor.

### What’s Results Can You Expect?

According to one developers and manufacturers of these special gel medicines ... “A course of treatment –will relieve pain in a majority of patients for 6 months without the safety concerns of non-steroidal anti-inflammatory drug (NSAID) therapy. In many patients, the effect is likely to last even longer than 6 months.”And the best part is: Since these gel lubricants are natural substances; they can be used over and re over when necessary without risk. If it works for you, you may be able to look forward to years with less pain.

### Who Should Consider Viscosupplementation... Where Can You Get It And...When Should You Start?

You should certainly consider The ***NY Pain MD*** method if you have been diagnosed with knee arthritis or told you need a knee replacement. If you have not been diagnosed with arthritis but have either knee pain, stiffness, swelling, difficulty walking or climbing stairs or loss of motion in the knee – you should have an examination to determine what the cause of your problem is. If you have any of those issues mentioned, there is a very good chance you already have-or are starting to get arthritis.

### Very Important – Do Not Wait - Here’s Why …

Studies indicate that if the arthritis is caught soon enough, the cushioning effect of the treatments c may be able to help the knee heal and possibly, slow the arthritis thus help avoid joint replacement surgery. In other words, the sooner you start – the better. Does the procedure hurt? A local anesthetic is given to numb the area and the procedure is virtually painless. Most patients say it feels like nothing more than a slight“pinching” sensation… that’s it.

### Why Treatments At *NYC Pain MD* Are So Extremely Precise

Our doctors are particularly well-trained in a state-of-the-art digital fluoroscopic imaging - also known at Precision Arthritis Targeting - which allows them to see directly inside the joint during the procedure and get the natural cushioning medicine exactly where it needs to go. This makes sure treatments have the best possibility for maximum success. This is crucial because studies indicate that when doing these types of procedures - without digital imaging - it can miss the

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joint space up to 30% of the time rendering the treatment outcomes less effective.

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**Here’s How To Get A Free Screening at *NYC Pain MD***

Simply call 877-503-3720 and when Aura, Travis or Priscilla answers the phone tell them you want your No-Obligation “Knee Pain Screening”. Discover if The ***NYC Pain MD*** Program can ease your knee arthritis pain like it has already done for so many others.

***NYC Pain MD***
**57 West 57th & 65 Broadway**
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**www.PAINMDNY.com**

**But There Is A Problem…**

Even though this advanced treatment can help many patients, it is not a wonder cure or a magic wand. It does not help everyone. For that reason, every potential patient should have a complete examination. You will only be accepted if we feel you are most likely to get the pain relief and outcome you are looking for.

That’s why ***NY Pain MD*** would like to invite you to come in for a knee arthritis screening at no cost to see if you actually are a candidate for comprehensive evaluation and possible treatment. All you have to do is call 877-503-3720 right now and when the scheduling coordinator answers the phone, let them know you want to schedule a “ ***NY Pain MD*** **Knee Pain And Arthritis Screening.**” They will know exactly what you are talking about and schedule you for our first time available. Dur-ing this time you can get all of your questions answered in a warm, friendly environment and begin to find out if the ***NY Pain MD*** protocol is right for you. But if you would like to do this, you should call right now. The demand for this procedure has been overwhelming with hun-dreds calling weekly . Since our doctors cannot possible screen everyone and we always make sure to give every single patient the personal attention they deserve, we have to limit these encounter. Therefore, the number of No-Cost,

No Obligation screenings is limited to just 20. But… just imagine how it would feel to have much, if not all, of your knee pain finally gone. Imagine going to bed and being able to sleep through the entire night – and waking up refreshed and energized… ready to take on the brand new day … without the arthritis pain that’s been terrorizing you and ruining your life. And imagine finally knowing you have a treatment to manage the pain caused by your knee arthritis. Well, you may not have to just “imagine” any more… because our specialized medical regimen could be the answer you’ve been looking for. If you’d like to find out - at no cost to you - if we can help, simply give ***NY Pain MD*** a call at 877-503-3720 right now. Why wait one more day in pain when you may not have to? Call now before some one else get’s your spot.

**One More Thing & This Is Important…**

Ever since offering this innovative treatment, our office has been flooded with calls. For that reason, if when you call, the lines are busy or you get voice mail… just keep calling back. The possibil-ity of living pain-free is well worth the effort it may take to get through to ***NY Pain MD*** schedule your No-Cost, No-Obligation screening.

**And don’t forget:** The special treatments are covered by many insurances and even Part B medicare for qualified candidates. To schedule your No-Obligation screening and consultation, call to speak to one our scheduling coordinators.

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# Tons of steel fall as the old Kosciuszko Bridge goes out with a bang

A screen grab shows the scope of the Kosciuszko Bridge demolition on Sunday morning. NEW YORK STATE

With several bangs and plumes of smoke, 11,000 tons of the old Kosciuszko Bridge fell Sunday morning.

The bridge has linked Brooklyn and Queens for 78 years, and was demolished through energetic felling, a process by which a series of strategically-placed explosives immediately dismantle the bridge, causing it to safely fall straight to the ground. According to the DOT, this method is far easier than a slow disassembly, shortening what could have been seven months of work to mere seconds.

The felling is another step in an $873 million project to replace the bridge with two cable-stayed ones scheduled for completion by 2019. The first span of the new bridge was opened in April, marking the end of the first phase of the construction plan, which was valued at $555 million.

"After years of stagnation and stunted ambition, we are building across the state bigger and better than before, and the energetic felling of the old bridge to make way for the new, on budget and ahead of schedule bridge, showcases our renewed commitment to building new, inspiring infrastructure for the future," said Gov. Andrew Cuomo. "The new cable-stayed bridge is a monument that brings people together, straddling two boroughs that have welcomed generations of immigrants from all over the globe." AMY RUSSO

## DISNEY TV DEAL

**Disney, Altice reach deal that avoids ESPN New York blackout**

Walt Disney Co. and cable operator Altice USA reached a tentative programming deal that keeps ESPN and other networks in the homes of millions of New York-area pay TV customers, the companies said in a statement on Sunday.

Disney and Altice have been sparring over how much the cable operator would pay to continue carrying ESPN, ABC and other channels on its Optimum cable service. Both sides are under pressure from cord cutting, or dropping of pay TV service, as audiences flock to cheaper streaming services.

"We have reached an agreement in principle and have extended the deadline accordingly to try and finalize the terms," a joint statement from the companies said.

No other details were provided.

The deal averts a blackout that could have deprived Optimum subscribers of seeing Tuesday's baseball playoff game between the Minnesota Twins and New York Yankees as well as "Monday Night Football" and other programming. An interruption in programming could have sent customers fleeing to other options.

Altice USA is the fourth-largest U.S. cable operator, formed by Netherlands-based Altice NV through its acquisitions of Cablevision — now known as Optimum — and Suddenlink Communications. Optimum has 3.1 million customers in New Jersey, New York, Connecticut and Pennsylvania.

Disney's contract with Optimum expired on Saturday, but both sides agreed to continue negotiating while keeping Disney programming on the service.

The talks represented an important test of the rapidly changing media landscape. ESPN, Disney's most important network, has been losing subscribers and seeing its ratings fall. That has cut into revenue from cable operators, which pay a monthly fee for each subscriber, and given Altice ammunition to push back against Disney's demands.

In public statements, Altice argued that Disney had asked for "outrageous" increases in monthly payments as viewership dropped. Disney countered that Altice charges the average customer $160 or more per month and "the bulk of that money goes into their pocket."

ESPN is the most expensive basic cable network, charging an average of $7.54 per subscriber each month, according to S&P Global Market Intelligence's Kagan research group. The channel also is one of the most popular, ranking as the fourth most-watched national cable network in Optimum households over the past year.

The discussions with Altice were the first among several Disney is scheduled to have with cable operators over the next two years as current programming deals expire. REUTERS

GETTY IMAGES

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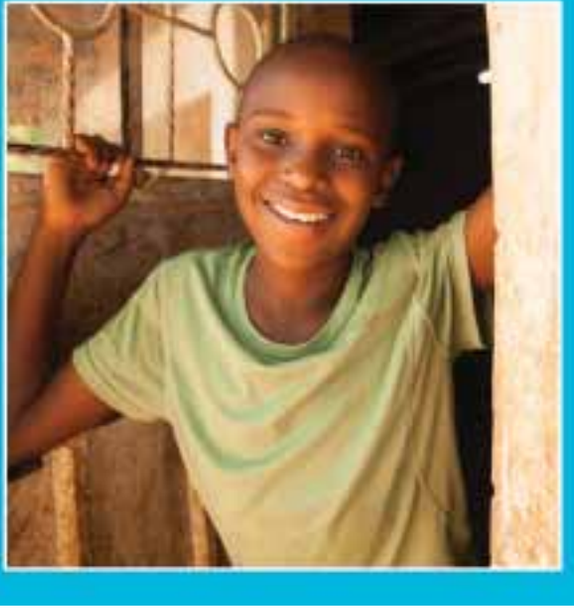

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| 2 bedroom | | $859 | 11 | – | 2 people | $31,440 - $30,500 | | $2,520 | 5 | – | 2 people | $88,389 - $91,680 |
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[1] Rent includes gas for cooking and heating. [2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

### How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: 42nd Street Apartments Phase 2 1587 Broadway Box 460, New York, NY 10018.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

### When is the Deadline?

Applications must be postmarked or submitted online no later than **December 1, 2017**. Late applications will not be considered.

### What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

**Español**

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **W. 42nd Street Apartments Phase 1587 Broadway Box 460, New York, NY 10018.** En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **1 de diciembre 2017.**

**简体中文**

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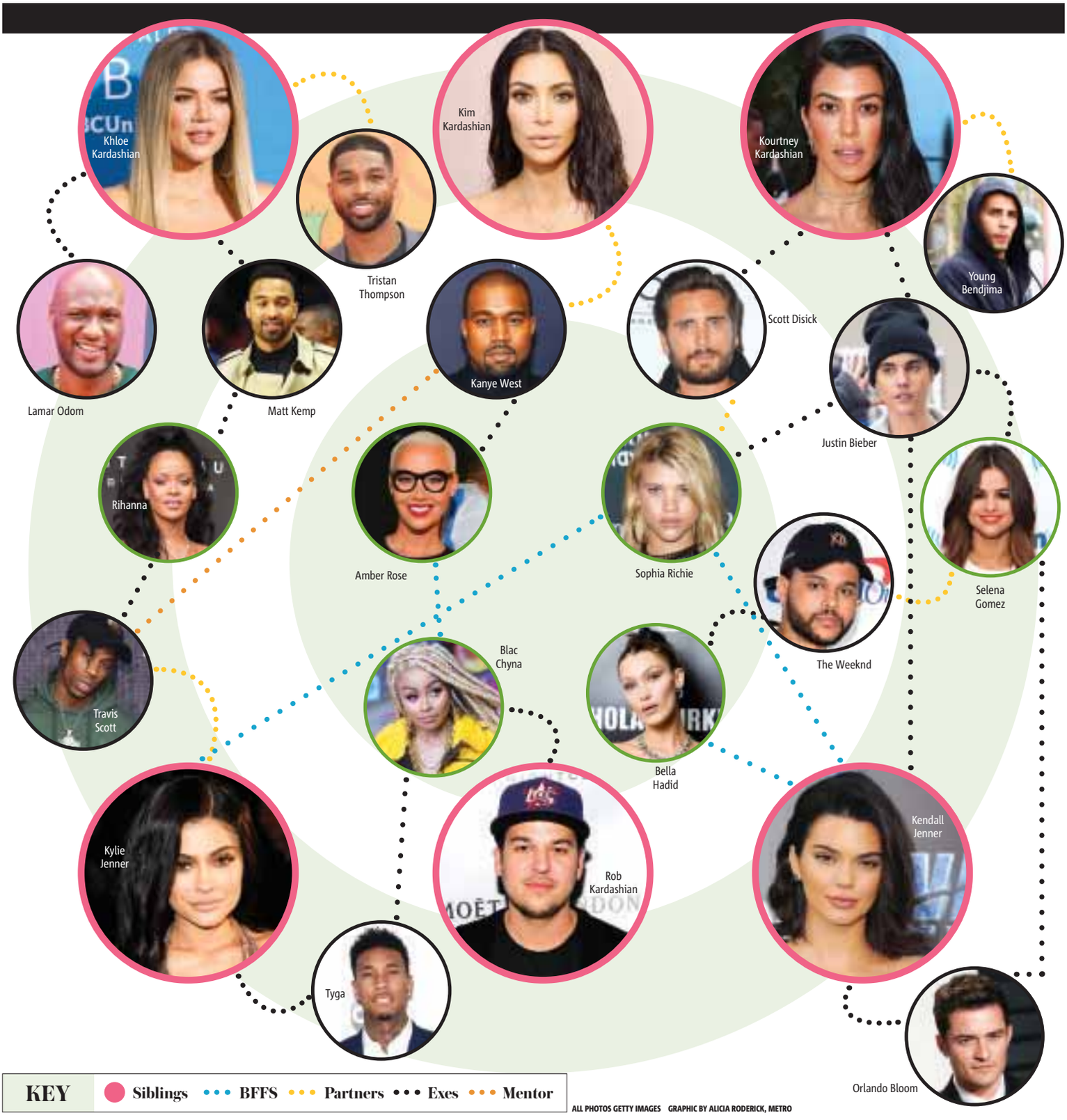
# Keeping Up with *the Konspiracies*

Keeping up with the Kardashian-Jenners (and their inner circle) has proved to be no easy feat. In the last couple of weeks, news has broken that Scott Disick — ex-partner of eldest sister Kourtney — is romancing 19-year-old Sophia Richie — sister to Nicole, and childhood friend of Kendall and Kylie Jenner; Kylie herself may or may not be pregnant with boyfriend Travis Scott — who once dated Rihanna and counts Kim's husband Kanye West as a mentor; and now Khloe — who once dated Matt Kemp, after Rihanna did — is expecting with her boyfriend, Tristan Thompson. There's a lot happening.

To make the family's near-incestuous relationships more straightforward, we've created a Kardashian Web of — dare we say? — Konspiracies. Except it's not conspiracies as much as diving right into see how every semi-famous person fits in the Kardashian-Jenner brand. **METRO**

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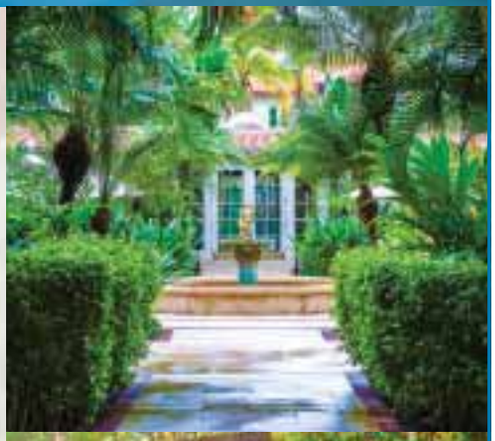

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# ‘Curb Your Enthusiasm’ season nine starts

Friends, Romans, countrymen, lend Larry David your ears HBO

And Trump’s officially banned from the “script.”

GREGORY WAKEMAN
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Millions of Americans struggled the day after the 2016 presidential election. They not only found themselves face-to-face with a terrifying new POTUS, but also had to deal with a reality-TV star president after six long years without “Curb Your Enthusiasm” — a cruel double whammy.

Larry David, Jeff Garlin, Susie Essman and the rest of the cast and crew of “Curb” were in the same boat as production on season nine started Wednesday, Nov. 9, 2016 — the day after Election Day.

Metro spoke to Larry David at the premiere of the new season and quizzed him on the mood on set that fateful morning.

“It wasn’t quite what we had anticipated. But what are you going to do? The cameras are rolling, and you’ve got to act,” he said.

Considering the fact that dialogue on “Curb Your Enthusiasm” is entirely improvised by its cast, there was always a chance that Trump would pop up in conversation.

But when I asked David whether any of the episodes actually include any references to the commander in chief, he insisted they don’t.

“No, no, no. We don’t really deal with too many political things. That’s not really what the show does,” he said.

The cast of “Curb.” GETTY IMAGES

You can remind yourself of what “Curb Your Enthusiasm” does best following the debut of this latest season on HBO, available now.

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Lisa Levy is the first Miss Subways crowned since 1976.
ALL PHOTOS BRANDON HARDIN

# Miss Subways, the pageant NYC deserves

Inside the contest for who love-hates the MTA most at the City Reliquary Museum.

EVA KIS
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eva.kis@metro.us

When riding the New York City subway, you only understand about 70 percent of what's happening in any given moment. That about sums up the newly revived Miss Subways competition, too.

Choosing Miss Subways used to be a ho-hum PR exercise by New York Subway Advertising that quietly chose a pretty face with a short blurb about her life to pin up on the train.

But the all-new event that took place at the City Reliquary Museum on Sept. 28 wasn't about earning the dubious honor of seeing your photo in a subway car. (Because you know all that would happen is finding out what kind of mustache would look the least-flattering on you.)

No, the 2017 Miss Subways: Summer of Hell Edition — the first time a Miss Subways was chosen since 1976 — was less pageant and more like a variety show of the buskers you see on your daily commute.

The 14 contestants who answered a call ("weirdos welcome!") took to the subway-car-size stage in the museum's backyard to perform a medley of tributes, roasts, songs and monologues about how much they love — and love to hate — our rickety, on-the-brink-of-failure mass transit system.

## Straphanging: It's complicated

Kicking the night off was a duet between two people who have become bitter arch enemies chiefly because of the MTA: New York City Mayor Bill De Blasio and New York Gov. Andrew Cuomo (not the real ones), singing a wistful version of "So Happy Together." Sing along with the chorus: "When you're with me, baby/ the trains will all run/ all on time!"

If only. But real politicians would've only tainted the earnestness of the room. Next came contrasting opinions of the G train: In his banjo ditty, Robert Coover would settle for it only at 3 a.m. when there are no other options, while Dylan Mars Greenberg, resplendent in a light blue Florida-themed suit, expressed his true love for the safe space that is the G by listing all the terrible things that have happened to him on other lines, to the tune of "Take the A Train."

SUZQ is a 15-year veteran of the Coney Island Mermaid Parade.

Crowd favorite Miss Derailment brought down the house with her too-honest sendup of a conductor's announcement of a delay "due to an investigation by the NYPD, FBI, MI6, the KGB and NSA" followed by transfer instructions strategically garbled by bag-crinkling to be completely useless. Maybe the judges thought it was too real.

The luminous Anna Paone came dressed in her sparkly Rockettes best to sing and dance a delightful and educational tune, "Me and August Belmont Down by the Railyard" (he's the father of the subway system, FYI).

Sundae Fantastique treated the crowd to a glimpse inside the dark moment of an endless night commuting that we've all had with three minutes of distorted train sounds and

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Sundae Fantastique dug deep into our subway anxiety.

The Stunt Doubles

her own shrieking and wailing, like an MTA-themed "Requiem for a Dream."

With his vaudeville-style sendup of "My Baby Takes the Morning Train," NYC's only drag queen tour guide Glace Chase promised, "I'm here to make your commute better, and unlike the subway I always come," and definitely did not disappoint.

SUZQ taught the crowd a subway-pole stripper routine, while the F Train Oracle did a live tarot reading that ended in a single piece of advice: "You may as well walk."

And because it wouldn't be a subway-themed event without it, a Lower East Side junkie crashing the microphone for a rant about missing the good old days when "your best friend could piss on your face on the train."

As comedian Janeane Garofalo, one of the evening's judges, noted, "I remember the subways before 1973. Was it great? Not so much."

## And the winner is

In the end, the panel of judges — Garofalo, comedian and author Baratunde R. Thurston, NY1 reporter Roger Clark (whose commute to the show took an hour and a half from Yorkville, thanks MTA!), and renowned downtown performer Rev Jen — awarded the crown to Lisa Levy, who's been a performance artist for more than three decades.

Most recently, she's been striking up conversations with commuters by sitting in stations holding signs with provocative questions like, "I'm afraid of nuclear war, are you?"

"One of the happiest moments of my life and the subway came together," she said, welling up as the crown was placed on her head. "This is the biggest honor I have ever received, and I'm 61!"

"I learned a lot that I didn't know I didn't know," said Thurston. "Everything makes a lot more sense about New York City now."

As befitting a subway-themed event, I left bemused, speckled with electric-yellow punch by a drunk person, and convinced that, for better or worse, the trains are the best thing about New York City.

# Wyatt Cenac is fighting gentrification one web series at a time

Talking with the Brooklyn-based comedian about his new series "aka Wyatt Cenac" and, you know, white supremacy.

RACHAEL VAUGHAN CLEMMONS
@rachaelclemz
rachael.clemmons@metro.us

From a completely objective and not at all biased standpoint, Wyatt Cenac is very swoonworthy. It certainly doesn't hurt that the Brooklyn-based comedian has done it all: sitcoms, political satire and Grammy-nominated standup specials included.

But just when you think the 41-year-old is going to go bigger, he surprises you. Cenac has a delightful web series-slash-tersely worded love letter to Brooklyn called "aka Wyatt Cenac" premiering Oct. 3. In his directorial debut, he plays a masked vigilante named The Viceroy who is more or less battling (and at times protecting) gentrified Brooklyn. It's short, sweet and topical.

We chatted with the Fort Greene resident about Brooklyn bars, the end of Night Train and, you know, white supremacy.

**"AKA Wyatt Cenac" is as much an ode to Brooklyn as it is a critique of the borough's gentrification. I mean, you guys filmed at Doris. Do you actually go there?**
Yeah. I don't go as often as I used to, because I realized I could drink at home.

**Why drink with people if you can just drink alone?**
Exactly. If there's anything that I wish they would have taught at college, it would have been: Why drink outside? It's cheaper to just not.

**Are there any other places you like? Would love our audience to know so you can get bum rushed when you go out.**
Sure, OK, yeah, so if anyone starts to stalk me they'll know where I am. It's funny because for me now, I really don't go to bars with the frequency that I used to. I tend to go to restaurants so I can eat and drink there until they are sick of me. I do that more than go to bars.

Bars that have an outside I do like, like Hotbird. Hotbird was really great because it would never get crowded. I understand people go to the bar for that experience, but I almost like the experience of going to a bar to sit down and have a conversation. And to get drunk.

Wyatt Cenac with Viceroy SUNSHINE SACHS

**Night Train is ending soon. Why did you decide to end the weekly standup series up now?**
It just felt like a good time. Our final show [Nov. 6] will be five years exactly. The show has been fun and so great, but at some point, it feels like something that you should pass on, that somebody else should get the opportunity to try to do their own thing and make it something different.

GETTY IMAGES

**You have other stuff going on, like "aka Wyatt Cenac" — are you more attracted to one form of comedy over another?**
When I write, it tends to be a bit more topical. With Night Train ... what was great about it was doing topical things but in this weird variety-show way. It's always nice to take a topical thing and address it in a weird way.

**I feel like comedy now has to be topical, in a political vein. White supremacy is making a comeback.**
Not to say we should just relax, but these things tend to be a little cyclical. I don't know if I'd say white supremacy is making a comeback exactly. It's just a little sloppier than it used to be.

**So as a comedian, how do you create a space for humor when the world is increasingly depressing?**
We've been here before. I think to keep it in perspective [is helpful], but there's also more to life than the weird, strange things that happen to us on a daily basis. You can't get so caught up in that aspect of it. It's just going to paralyze you.

*"aka Wyatt Cenac" premieres on Topic.com on Oct. 3.*

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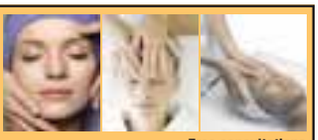

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By Steven Wuzubia
Health Correspondent

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***- Robert H., West Palm Beach, FL***

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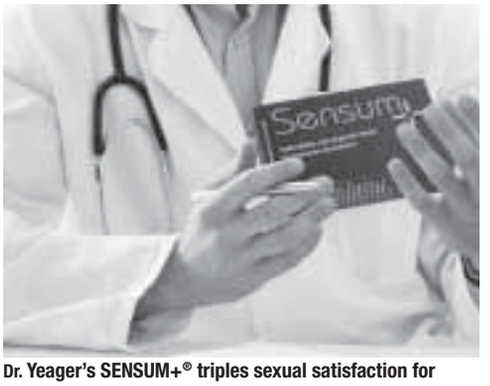


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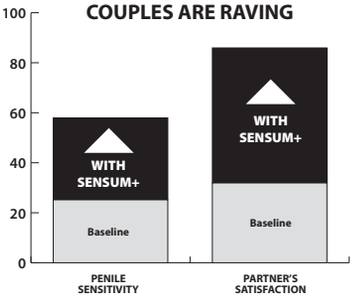


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PAT KING
@MetroNewYork
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In her free time away from co-hosting MSNBC's "Morning Joe," Mika Brzezinski has been fighting the good fight. Since the release of her book "Knowing Your Value" in 2012, she has been very candid about her quest for a level playing field for women in the workplace. Her inspiration came from taking on the powers that be after years of going along with business as usual. "It was my own struggle, at 40 years old, to speak for myself in my own contract negotiations with MSNBC," says Brzezinski, "so I wrote a book about it."

With the book's wild success, she decided to start an annual Know Your Value conference in New York City. This year's all-day event will consist of workshops, interactive panels, and training that is "designed to empower women in their personal and professional lives." Also on hand will be some pretty impressive A-list speakers, including actress Sarah Jessica Parker, Martha Stewart, "CBS Sunday Morning" anchor Jane Pauley and many others.

One of the big events at this year's conference will be the "Grow Your Value Bonus Competition" that will select three women from the tristate area to make presentations to Brzezinski and the rest of the panelists for the chance of winning a $5,000 bonus. Finalists will be chosen through video submissions that show "what it is you bring to the table." Each of the three chosen will be flown to New York City and given makeovers and assigned special coaches for their presentations. The deadline for entries to this competition is Monday, Oct. 8, so don't miss your chance!

It is clear to see how empowering an event like this can be. But why is it so important in the age of Trump? "I feel like in the age of Trump this is not just valuable, it's vital" says Brzezinski. "In some ways, we've been set back terribly, but we don't have to let that happen," she says. "We have to step up our voices, and we have to step up together. … Taking it a step further than resisting. Learning how to lead and grow and stay in for the long haul in the workforce."

With all of this talk about empowering women in the face of workplace adversity, how has life changed on set after news broke of Brzezinski and co-host Joe Scarborough's wedding next spring?

"Strangely enough, for me, it hasn't been an issue at all," she says. After celebrating 10 years of doing "Morning Joe" every day with her future husband, Brzezinski attributes the great work environment to how much of a "well-oiled machine" the show has become.

"I don't know if I would say you should work with the person you're going to marry and be with that person 24 hours a day, seven days a week. I think that's more challenging than any office dynamic," says Brzezinski. "I never thought I'd be on a show where I'd say I love everybody I'm on the show with, but I am. It's really fun!"

The Know Your Value conference will take place Oct. 30 at NYC's the Grand Hyatt. Brzezinski will also be re-releasing the original book in spring 2018 and publishing two more books in her "Know Your Value" series in fall 2018.

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# Meet your future boss

NFTE's Summer Startup Investment Panel proves it's never too early to start your business.

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NFTE's Summer Startup Investment Panel presenters: Sookoo (left), Andujar (center) and Nelson (right). ANDREA AND ASSOCIATES.

How young is too young to start your business? Who's to say that your first idea isn't the idea that will catapult you into early success? That's exactly what NFTE (Network for Teaching Entrepreneurship) wants to find out with its yearly Startup Summer program.

This program pairs aspiring business tycoons with mentors for an eight-week program to help them fine-tune their business plans and attract investors to actualize their ideas.

This year's program culminated Sept. 20th in New York for NFTE's Startup Summer Investment Panel. The main event rounded up three driven teens to have them pitch their business ideas to a distinguished panel of judges for the chance to earn a piece of a $10,000 prize. You could call it "Teen Shark Tank."

The panel of judges were David Heath, co-founder and CEO of Bombas; Jonathan D. Harber, co-founder of StartEd; Shabnam Rezaei, co-founder and president of Big Bad Boo Studios and Oznoz.com; Julie Shin, head of strategic operations and innovative productivity at Citi; and Dominic Brewer, the Gale and Ira Drukier dean of New York University Steinhardt.

The first of the three teen entrepreneurs who presented that evening was Eddie Andujar, a 10th grader from the Chelsea Career & Technical Education High School. His company, ThunderNYC, makes personalized laser-engraved skateboards.

Next up was Stefanie Nelson, a 12th grader from the Business of Sports School, whose company, Superior, is trying to create a central conference in NYC for coaches and scouts from the top schools in the country to see the city's best high school softball prospects.

The last entrepreneur of the night was Cheyenne Sookoo, a graduate of Brooklyn High School of the Arts. She pitched Events on Canvas, a service in which she, and eventually a team of trained employees, create oil paintings on the spot at events where guests can engage with the artists as they work.

After their pitches, the judges took a few minutes to grill each presenter about possible hiccups. then left the room to decide how the start-up capital would be divided among the companies.

During this time, Four more young entrepreneurs gave quick one-minute "elevator pitches" to win $500 to help get their businesses off the ground. The audience texted in their votes and crowned Felix Santos, a 12th grader from the Business of Sports School, and his youth-centric online employment site, InstaJob, the winner.

Finally, the moment of truth came as the judges named Cheyenne Sookoo and her company, Events on Canvas, the winner. She took away the heftiest portion of the prize money — $6,000 — with Andujar and Nelson each awarded $2,000. All three of the newly christened CEOs left the event with some priceless advice from the night's judges.

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# Jets squeak out OT win over Jags

Catanzaro's 41-yard boot in overtime sends Jets to second win of 2017.

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A 41-yard game-winning field goal from Chandler Catanzaro with 28 seconds left in overtime lifted the New York Jets (2-2) to a 23-20 victory over the Jacksonville Jaguars (2-2) on Sunday afternoon.

The Jets blew a 10-point fourth-quarter lead to set up the dramatics, a six-possession overtime period that yielded nothing from the opposing offenses.

It came down to a battle of field position and a 70-yard punt by Lac Edwards pinned the Jaguars deep near their end zone. A quick three-and-out led to a Brad Nortman 45-yard punt that put the Jets near midfield. But a 15-yard unsportsmanlike conduct penalty on linebacker Paul Posluszny gave New York the ball on Jacksonville's 40-yard-line, leading to Catanzaro's winner.

New York was fueled by its ground game on Sunday as Bilal Powell rushed for a career-high 163 yards and was supported by an additional 93 from rookie Elijah McGuire.

After an opening drive in which the Jets were completely shut down by the Jaguars pass defense, they fell behind when Bortles directed a 10-play, 61-yard scoring drive which ended in the quarterback hitting Fournette with a 10-yard screen pass.

The rookie Fournette became the first Jaguars player in franchise history to score a scrimmage touchdown in each of his first four games.

But the Jets made a quick adjustment and the logical choice of moving to the run game. And boy, did it work.

On the very first play of their ensuing drive, Bilal Powell took a toss play 75 yards for a touchdown in which he hurdled a falling Telvin Smith, got back on his feet and streaked past Jacksonville defenders who had slowed down thinking the play was over. The Jets back had 72 yards on the ground through New York's first three games of the season.

The play was reviewed, though replays provided an inconclusive look at whether Campbell's helmet made contact with Powell's shin.

While Powell eclipsed the 100-yard mark in the first half, the offense couldn't generate much else as both teams could only trade a pair of field goals to finish off the first half.

The Jets had a chance to take the lead in the final seconds after converting a 4th-and-21 to get into field goal range, but Chandler Catanzaro missed a 45-yard field goal attempt.

But the rookie McGuire and the Jets ground game put them ahead on their first possession of the second half with another big play as the No. 2 back went 69 yards right up the middle to give the Jets a 17-10 lead. It was the longest rush of the youngster's developing career and the first time since 2002 that the Jets had two touchdown rushes of 65 yards or more.

Kicker Chandler Catanzaro (7) celebrates with teammates after hitting a 41-yard game-winning field goal. GETTY IMAGES

Their advantage swelled to 10 thanks to a field goal that was set up by the Jets defense. Bortles was picked off by defensive lineman Kony Ealy, who batted the quarterback's screen attempt before catching it and being taken down at Jacksonville's seven-yard-line.

After a 41-yard completion to Robbie Anderson, the Jets looked poised to blow the game open at the start of the fourth quarter as they made their way to the Jaguars' 14-yard-line.

But in typical Jets fashion, McCown's screen pass on the very next play went off the shoulder of Powell and because it was a backward pass, was ruled a fumble. Jaguars linebacker Myles Jack was quick to pounce on the ball and return it 81 yards to bring the visitors back to within three.

New York was burned by a short pass once again as they were trying to run out the clock. With 3:19 left in the game McCown was looking for Powell on third down to try and ice the game, but the back slipped with the ball approaching, leaving A.J. Bouye an uncontested chance to intercept the pass, which he did on the Jets' 35-yard-line.

It allowed the Jaguars to convert the game-tying field goal with 46 seconds remaining, sending things to overtime.

# Giants let another one slip away late

For the second-straight week, Big Blue lost a heartbreaker as time expired. This time, it was in Tampa.

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It's safe to say that the New York Giants 2017 season is already over.

For the second-straight week, the Giants defense broke late, allowing the Tampa Bay Buccaneers to drive down in the game's final minutes for the game-winning 34-yard field goal from Nick Folk as time expired, dropping the Giants to 0-4 in a 25-23 result.

The Giants took a 23-22 lead with 3:16 to go, but a failed two-point conversion attempt left the door open for the Buccaneers to win with any kind of score.

They managed to do so with a one-dimensional offense as quarterback Eli Manning attempted 49 passes, completing 30 of them for 288 yards and a pair of touchdowns. By comparison, New York ran the ball just 27 times.

Early on though, it looked as though the Giants were in danger of getting blown out before halftime.

After a pair of three-and-outs from a stagnant-looking unit, the Buccaneers carved apart the Giants defense to get on the board first. After a 41-yard completion to wide receiver Mike Evans and a 36-yard rush from running back Jacquizz Rogers, quarterback Jameis Winston hit Evans for a six-yard touchdown to get the hosts on the board.

Buccaneers wide receiver Mike Evans secures a touchdown. GETTY IMAGES

It was the first of three touchdown passes on the day for Winston as he passed for 332 yards.

On their very next drive, tight end O.J. Howard wandered uncovered down the left sideline and was found by Winston, setting up an easy 58-yard touchdown to give Tampa Bay a 13-0 lead late in the first quarter.

But the Giants managed to find their footing in the second quarter to get back in it. After an Aldrick Rosas field goal, Manning completed 4-of-5 passes to get New York deep into Bucs territory.

On a 2nd-and-4, Manning had no receivers open so the less-than-fleet-of-foot quarterback did the unthinkable: took it himself. The 36-year-old scrambled 14 yards for the Giants' first touchdown of the day, cutting Tampa Bay's lead to just three with 3:25 left in the half. It was the team's first rushing touchdown of the season.

Starting the third quarter down six after the Bucs tacked on a field goal before the half, the Giants embarked on an 11-play, 61-yard drive with their first possession of the second half that ended in rookie running back Wayne Gallman's first career touchdown, a four-yard reception to give New York a one-point lead.

But special teams brought the Bucs right back into things when a 15-yard punt from Brad Wing gifted the hosts with the ball on their own 43-yard-line. Four plays later, Winston hit tight end Cameron Brate for a four-yard touchdown.

After a failed two-point conversion, the Giants were trailing by just five with 7:44 to go in the game before the frantic finish.

# The verdict is in: Judge's season one of the best in NYC history

New York baseball's biggest star had one of the greatest offensive seasons ever seen in this city.

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There will be more time for reflection when the New York Yankees' season is actually over. Though fans of the Bronx Bombers will be hoping that doesn't come for at least another few weeks.

But before we turn our full attention to the American League Wild Card Game on Tuesday night when the Minnesota Twins come to visit Yankee Stadium, let's just take a moment to comprehend what we just saw.

A team in the process of a rebuild finished second in a difficult American League East and is making a first postseason appearance since 2015.

And they were fueled by one of if not the greatest rookie season we've seen in the history of Major League Baseball. Actually it's one of the greatest offensive displays the city of New York has seen in ages.

Right fielder Aaron Judge grabbed New York by the collar and simply has not let go.

In his first full season in the majors, Judge powered his way into the Yankees record books, which is an amazing feat considering this is the most successful franchise in North American sports.

The 25-year-old slugged 52 home runs, a major-league record by a rookie with 114 RBI and a league-leading 127 walks.

Sure, his strikeout rate was dizzyingly high once again, but he still maintained a solid. 284 batting average. While a dismal month-and-a-half stretch knocked about 70 points off the average, if I were to tell you at the beginning of the season the numbers he finished up with in 2017, there wouldn't be many that would be disappointed.

Let's take a look at just how great a season Judge put together with Metro Stats Session:

Yankees rookie Aaron Judge's explosive rookie regular season has came to an end on Sunday. GETTY IMAGES

## Judge in the record books

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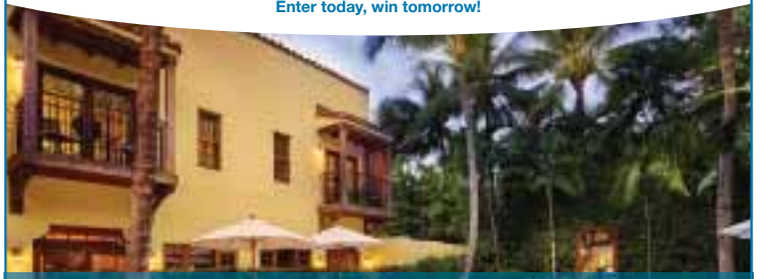

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# Mets manager Collins resigns

The longtime Mets skipper stepped down after the team's final game of the season on Sunday.

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New York Mets manager Terry Collins announced his resignation after his team's final game of the 2017 regular season on Sunday afternoon, an 11-0 loss to the Philadelphia Phillies.

"I'm stepping down for sure. This has been a tremendous time," Collins said. "It's been a blast, but it's time."

Collins managed seven seasons with the Mets and holds the franchise record for most games managed. He will remain with the team in a front-office role.

The 68-year-old joined the team in 2011 after the firing of Jerry Manuel and wasn't able to find much success. In each of his first four seasons with the club, the Mets failed to make the postseason and did not win more than 79 games in a season.

But in 2015, the combination of a dominant pitching staff and the acquisition of Yoenis Cespedes turned the Mets from a fringe team to a National League contender. By early August of that season, New York was in first place and never looked back, finishing the year with a 90-72 record — their most wins in a single season since 2006 — and a National League East title.

After squeaking by the Los Angeles Dodgers in the divisional round, the Mets swept the Chicago Cubs to win their first National League pennant since 2000 before falling to the Kansas City Royals in five games in the World Series.

Collins led the Mets back to the playoffs in the following season, marking just the second time in franchise history that New York made the playoffs in two-straight seasons. However, a wild-card game encounter with Madison Bumgarner of the San Francisco Giants cut the team's playoff stay extremely short.

With his contract expiring at the end of the 2017 season, Collins and his Mets had high expectations heading into the season as another playoff berth was expected. The Mets had never made the postseason in three consecutive seasons.

After a disastrous, injury-riddled campaign, the Mets have to continue waiting for that drought to end as they limped to a dreadful 70-92 record.

In his seven years, Collins' record as Mets manager is 551-583.

Early candidates for the Mets managerial job next year are Bob Geren, Chip Hale, Kevin Long, Robin Ventura and Alex Cora, according to the New York Post's Mike Puma.

Terry Collins resigned as New York Mets manager after Sunday's season finale against the Phillies. GETTY IMAGES

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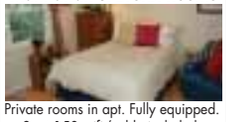

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COUNTY OF QUEENS,
COMMUNITY RESTORATION CORPORATION, Plaintiff vs. SOBHA HARRY, SURUJUJLALL HARRY ET AL., Defendant(s).
Pursuant to a Judgment of Foreclosure and Sale duly filed on August 16, 2017, I, the undersigned Referee, will sell at public auction at the Queens County Supreme Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY, on November 03, 2017 at 10:00 a.m. premises known as 120-07 140th Street, South Ozone Park a/k/a Jamaica, NY 11436. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 12031 and Lot 12.
Approximate amount of judgment is $89,794.90 plus interest and costs. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, the Mortgagee's attorney, or the Referee.
Mitchell L. Kaufman, Esq., Referee
Peter T. Roach & Associates, P.C.
6901 Jericho Turnpike, Suite 240
Syosset, NY 11791
Attorneys for Plaintiff.

**NOTICE OF SALE**

SUPREME COURT COUNTY OF QUEENS,
CENTRAL MORTGAGE COMPANY, Plaintiff, vs. TEOFILO MENDEZ, ET AL., Defendant(s).
Pursuant to a Judgment of Foreclosure and Sale duly filed on January 03, 2017,
I, the undersigned Referee will sell at public auction at the Queens County Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on October 20, 2017 at 10:00 a.m., premises known as 5509 97th Place, Corona, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 1906 and Lot 19. Premises will be sold subject to provisions of filed Judgment Index # 5557/13.
Dominic A. Villoni, Esq., Referee
Berkman, Henoch, Peterson, Peddy & Fenchel, P.C.
100 Garden City Plaza
Garden City, NY 11530,
Attorneys for Plaintiff

## LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number 1305206, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 102-02 Northern Blvd., Corona, NY 11368, for on premises consumption. El Nuevo Salinas Bar & Restaurant Inc.


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Lucky Numbers etc.

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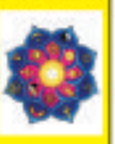

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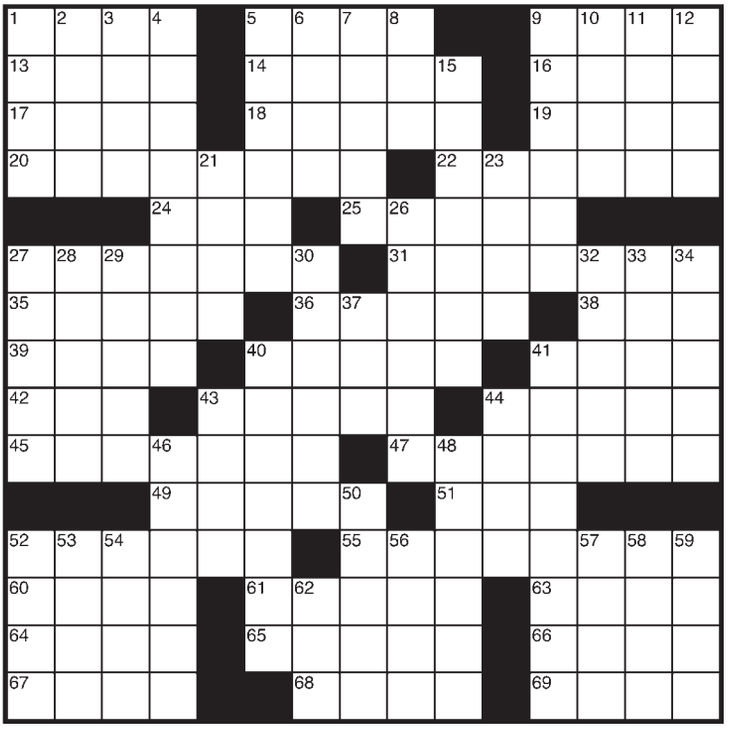
# metro.us/games

## metro.us/crossword

**Across**
1 Italian wine city
5 Gone by
9 "Tomb Raider" role
13 Actress Goldie --
14 Block, legally
16 Famed office
17 Clapton or Sevareid
18 Famed orca
19 Playful bites
20 Parson
22 Magician's word
24 Unisex wear
25 Glorify
27 Jet set destination
31 Use again
35 Make corrections
36 Fake bullet
38 Edible tuber
39 Zingy taste
40 Singer Bonnie --
41 Slight
42 Long, long --
43 Montana city
44 Don't enunciate
45 Compunction
47 Concluded
49 -- nova
51 Manipulate fraudulently
52 Allergy symptom
55 Borrow on
60 Roman historian
61 Andes ruminant
63 Desktop picture
64 Not into the wind
65 Flax product
66 Like some horses
67 Guide in a particular direction
68 Treat an icy road
69 Farm flappers

**Down**
1 Attention-getter
2 Indian garment
3 Exact duplicate
4 Egging on
5 Bother
6 "Off the Court" author Arthur --
7 Fixed gaze
8 Turkey or cat
9 Isolated
10 Rara --
11 Absorbed
12 Plus
15 Small camping shelter (2 wds.)
21 Flower product
23 Flint or marble
26 Like some films (hyph.)
27 Pave over
28 Mind's-eye view
29 Cobra toxin
30 Slackens off
32 Skeptical one
33 Magna cum --
34 Plant firmly
37 Struck a match
40 Bertrand or Lillian
41 Lazy
43 Tito's surname
44 Do magazine work
46 Followed orders
48 Chore
50 Fridge maker
52 Hunk of cheese
53 Aswan Dam site
54 Deadlocked
56 Comet, to an ancient
57 Suffer a continuous dull pain
58 Hired thug
59 Doesn't continue
62 Lily, to Pierre



## metro.us/sudoku

**easy**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 7 | | 1 | | | 9 | 3 |
| 2 | | 5 | | | | | | 8 |
| | 6 | 3 | | 2 | | | | 5 |
| | | | | | 4 | | 7 | |
| | | 9 | 2 | 8 | 6 | 5 | | |
| | 4 | | 3 | | | | | |
| 6 | | | | 7 | | 4 | 5 | |
| 5 | | | | | | 6 | | 2 |
| 9 | 2 | | | 6 | | 3 | | |

**hard**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 7 | | 8 | 9 | | 6 |
| | | | | | 6 | | | 2 |
| 5 | 6 | | | 4 | | | 7 | |
| | | 3 | | | 2 | 5 | | |
| | 1 | | 6 | | 7 | | 3 | |
| | | 8 | 3 | | | 6 | | |
| | 5 | | | 6 | | | 1 | 3 |
| 1 | | | 8 | | | | | |
| 3 | | 4 | 2 | | 5 | | | |

## metro.us/horoscopes

**Aries** Change will lead to uncertainty. You are best off remaining silent and being observant until you have a clear picture of what's taking place.

**Taurus** Helping others will bring you satisfaction. Dealing with children or a loved one should be a priority. Offering affection will bring you closer to people who count.

**Gemini** Protect against heartache and poor health. Emotional and physical problems due to stress or difficult relationships are best dealt with openly and honestly.

**Cancer** Do what feels right and avoid listening to someone who is negative or critical. Explore new interests and develop ideas that will allow you to use your creativity.

**Leo** Put more into building a strong financial and emotional future. Do your best to be responsible by living within your means. Lessen stress by lowering your overhead.

**Virgo** A steady pace will help you stay on top of your responsibilities. Look for unique ways to handle your relationships with others. Compromise will be worth your while.

**Libra** Take part in events that will put you where the action is, encourage you to share ideas and make the effort to get things done.

**Scorpio** You will be offered favors if you are creative when explaining what you want and the best way to work to reach your goal.

**Sagittarius** Think twice before you share your thoughts or make a move. Dealing with siblings or children will be emotionally difficult. Don't lose sight of your objective.

**Capricorn** Don't let an impulse get the better of you. Take your time and be rational and level-headed when making decisions that could influence your personal beliefs and integrity.

**Aquarius** Emotions will surface if someone tries to take advantage of you. Use your intelligence to counter manipulation of any kind. Trust in yourself.

**Pisces** Let your creativity flow. Show compassion for those less fortunate, and offer suggestions that will give others hope. Your input will result in satisfaction. EUGENIA LAST

**Yesterday's answers**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| N | E | T | | A | W | A | S | H | | S | T | O | M | P |
| E | A | R | | R | E | N | E | E | | N | A | V | A | L |
| U | S | E | | M | E | T | A | L | | I | R | E | N | E |
| R | I | M | M | E | D | | | P | A | P | E | R | E | D |
| A | L | O | U | D | | R | E | F | R | E | S | H | | |
| L | Y | R | E | | B | E | G | U | N | | | E | A | T |
| | | | S | Y | M | B | O | L | | T | R | A | C | E |
| M | E | L | L | O | W | | | | M | O | A | T | E | D |
| S | W | A | I | N | | J | A | R | G | O | N | | | |
| G | E | N | | | S | O | R | E | R | | G | A | P | S |
| | | D | A | M | A | G | E | D | | D | E | F | O | E |
| S | E | L | L | I | N | G | | | M | A | R | R | O | W |
| P | I | E | C | E | | L | E | G | A | L | | A | R | I |
| A | R | S | O | N | | E | R | A | S | E | | M | E | N |
| M | E | S | A | S | | D | E | L | T | S | | E | R | G |

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